



# PEAK PERFORMANCE FOR MUSICIANS

*empowering performers to excel*

## What Motivates You?

Using the scale below, rate how much you agree with each statement. Generally, how true is each statement for you?

**Not at all true**  
1            2

**Somewhat true**  
3            4

**Very true**  
5            6

- |   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 1. It is very important to me to do well compared to others.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2. I like having friends who can teach me something about myself, even if it isn't always positive. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3. I am always seeking opportunities to develop new skills and acquire new knowledge.               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4. I really care about making a good impression on other people.                                    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5. It's important to me to show that I am smart and capable.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 6. I strive to have open and honest relationships with my friends and acquaintances.                | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7. I strive to constantly learn and improve myself.   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 8. When I am with other people, I think a lot about how I am "coming across" to them.               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 9. I feel good about myself when I know that other people like me.                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 10. I try to do better than others (e.g., classmates, colleagues).                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11. I like to be in relationships that challenge me to change for the better.                       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 12. I am usually focused on demonstrating my ability.   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**A. Add up your scores from the above items: 1+4+5+8+9+10+12 = \_\_\_\_\_ ÷ 7 = \_\_\_\_\_**

**B. Add up your scores from the above items: 2+3+6+7+11 = \_\_\_\_\_ ÷ 5 = \_\_\_\_\_**

**Which score is higher?** If you are like most people, you pursue both kinds of goals to some extent. Which do you pursue more?

**A = FIXED or BE GOOD mindset**

**B = GROWTH or GET BETTER mindset**

*for more information about mindset and other performance strategies,  
visit **Peak Performance for Musicians**:*

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